

To Look For...

Cumulonimbus Clouds

- Towering or growing cumulus clouds can become a thunderstorm in just a few hours or less—expect lightning, strong winds and moderate to heavy precipitation.
- Can be alone or in groups.
- Rotation in the main updraft indicates a supercell capable of producing a tornado.
- If on a ridge or high in the mountains, storm may be growing beneath you.



Weather Folklore, Tips & Tricks

- Red sky at night, sailors delight...red sky in morning sailors take warning.
- Clear sky and calm winds = cool night
- Haloes around the sun or moon indicate rain or snow real soon.
- Crickets are accurate thermometers—they chirp fast when warm and slower when cold. By counting the number of cricket chirps in a 14-second period and adding 40, the total will equal the air temperature to within one degree 75% of the time.
- Calculate the distance of a thunderstorm - count the number of seconds between lightning flash and thunder crash, divide by 5 and that is how many miles the storm is away from you.



NWS Mission

The National Weather Service provides weather, water, and climate forecasts and warnings for the United States, its territories, adjacent waters, and ocean areas for the protection of life and property and the enhancement of the national economy.



For more information, visit our website:

Recreational Forecasts:

www.wrh.noaa.gov/wrh/rec/index.php?wfo=mfr

General Forecasts:

www.weather.gov/medford

For additional safety information, visit:

www.weather.gov/safety.php

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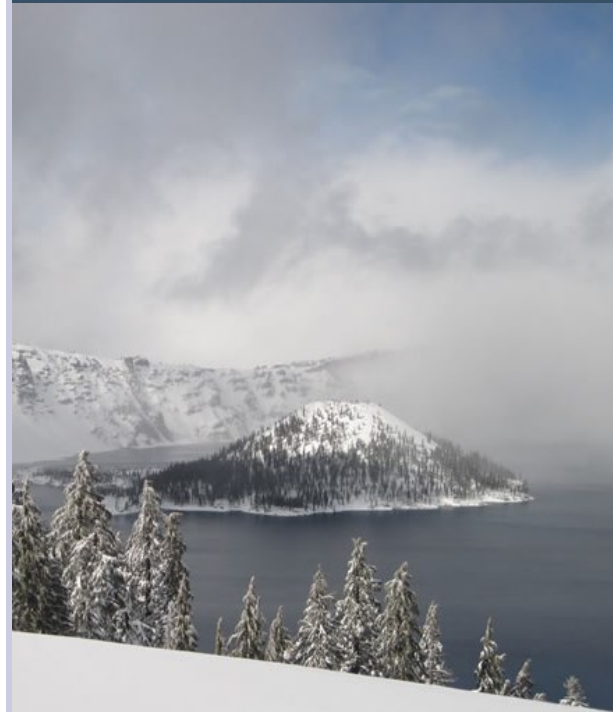
w-mfr.webmaster@noaa.gov



National
Weather Service
Medford, Oregon



Outdoor Weather Safety

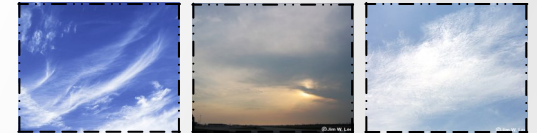


Do You Know What To Do?

Know What

High Clouds — Cirrus, Cirrostratus, Cirrocumulus

- Thickening cirrus or cirrostratus can indicate approaching precipitation within 24-48 hours.



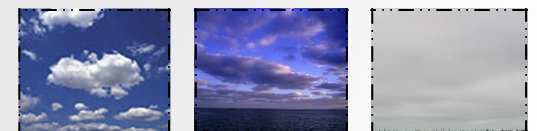
Middle Clouds — Altostratus, Wave Clouds

- Thickening altostratus can indicate approaching precipitation within 6-12 hours, thickening altostratus can indicate approaching precipitation within 1-12 hours.



Low Clouds — Cumulus, Stratus, Stratocumulus, Nimbostratus

- If cumulus are small and flat, calm and quiet weather for next 12 hours; if growing or towering, stormy weather on the way in a few hours.
- Stratocumulus indicate cooler air arriving and they can produce light precipitation.
- Stratus/nimbostratus typically low, layered and dark, can produce continuous light to moderate precipitation.



Plan...Prepare and Be Aware

General Outdoor Safety Tips

- Notify family and friends outside of your party where you are going and when you plan to leave/return.
- Travel with a companion.
- Always carry an emergency first-aid kit and the 'essentials'.
- Check weather reports before you go, know the weather patterns of the area and be aware that conditions can change rapidly, especially in mountainous areas.
- Carry a battery-powered NOAA Weather Radio.



Coastal Safety

- Never turn your back on the ocean.
- High surf can bring dangerous battering waves and deadly rip currents.
- Stay off jetties and coastal rocks during periods of high surf.

Tsunami Safety

- Tsunamis can bring waves that are not survivable. Evacuate to higher ground if you are in the tsunami warning area.
- If you feel an earthquake while at the coast, drop, cover and hold. Then move immediately inland to higher ground.
- Do not return to evacuated areas until an all clear is given by local civil authorities.

Thunderstorm/Lightning Safety

- In mountainous areas, thunderstorms typically develop in the early afternoon, so plan to hike early in the day and be off the mountain by noon.
- Keep an eye to the sky and watch for towering cumulus clouds and/or a darkening sky – this is a first indication that a thunderstorm is developing or approaching.
- A safe vehicle, one which is fully enclosed and metal-framed, can provide shelter during a thunderstorm when a building is not available.
- If camping, hiking, etc., far from a safe vehicle or building, avoid open fields, the top of a hill or a ridge top. Squat low to the ground – place hands on your knees with your head between them. Do not lie flat on the ground.
- Stay away from tall, isolated trees or other tall objects. If you are in a forest, stay under the shortest trees.
- Stay out of shallow caves and overhangs.
- Stay away from water, wet items and metal objects.



Flash Flood/Flood Safety

- Flash floods can occur anytime, and thunderstorms farther upstream can cause a flash flood farther downstream. Distant rain may be channeled into gullies, narrow canyons and ravines. Be alert for thunder or lightning in the immediate vicinity and over nearby hills.
- Avoid camping on the banks of high and fast running streams, creeks or rivers as well as in narrow and deep canyons.
- Avoid camping in a recent wildfire burn area since water will be more prone to run on top of the soil and cause debris flows.
- If you are in an area of rocky and high cliff terrain, look for high water mark signs as this may indicate a history of flooding.
- If food comes in contact with flood waters, throw it out and boil drinking water before using.



Heat Safety

- Hottest time of day between 1pm and 5pm.
- Slow down, drink plenty of water and take frequent breaks.
- Try to stay in the shade when possible.
- Wear lightweight, loose-fitting and light-colored clothing.

Winter Weather Safety

- Dress in warm layers and stay dry.
 - Hat, scarf or knit mask, gloves or mittens, water-resistant coat and boots
- Do not leave areas of the skin exposed to the cold and avoid exertion.
- Be prepared to take emergency shelter such as a lean-to, windbreak or snow cave.
 - Pack dry clothing, a two-way radio, waterproof matches and fire starters
- Build a fire for heat and to attract attention.
- Watch for signs of cold-weather health problems such as frostbite and hypothermia.

Avalanche Safety

- If traveling in avalanche-prone areas, ALWAYS have a partner!
- Know the terrain you will be traveling in.
- Carry and know how to use: Avalanche beacon/transceiver, shovel, probe, slope meter.
- Look for signs of recent avalanche activity.
- Always assess the snowpack and slope before traversing and descending.

